

HeraldPOST

Serving the communities in U.S. Army Garrison Baden-Württemberg

HP THURSDAY
Dec. 11, 2008

Speed Read

HÄNDEL'S "MESSIAH"

The Heidelberg chapel community choir is gearing up for Saturday's performance of Händel's "Messiah." 3

HOLIDAY TREE LIGHTING



The Heidelberg and Mannheim communities gathered together in the spirit of the holidays to light up the night. 3

WINTER DRIVING

Drivers should ensure they have the proper equipment for the weather to increase their safety, and decrease potential fines. 4

PROVIDERS GET HELP

Medical providers can now get relief from fatigue and stress through a new program, Provider Resilience Training. 6

DPC SETS NEW STANDARD

The 21st TSC Deployment Processing Center processed about 4,000 Soldiers deploying with the 173rd Infantry Brigade during a 10-day period, breaking previous records. 8



Defense Details

TSGLI EXPANDS

More troops may now qualify for benefits under Traumatic Service members' Group Life Insurance because of newly expanded coverage following a review by the Department of Veterans Affairs.

SHINSEKI TO HEAD VA

President-elect Barack Obama has selected retired Army Chief of Staff Gen. Eric K. Shinseki as his nominee to be secretary of veterans affairs.

BUSH: END IS NEAR

The war in Iraq isn't over, but a successful end is in sight, thanks to hard work between the United States and Iraq, President George W. Bush said in his weekly radio address Friday.

Army news: www.army.mil
Defense news: www.defenselink.mil

What's Inside

Our Army Around the World10
Leisure13
Dear Ms. Vicki14
GET OUT!15
Movies15
Announcements16
Sports17

New driver's training mandatory for Soldiers

IMCOM-Europe Public Affairs

Installation Management Command-Europe Region Safety Office announced that a new mandatory driving safety course will start in January 2009 for Soldiers stationed in Europe.

The Advanced Driver's Course will be new to Europe and is designed for Soldiers who are 26 years of age and younger. As a prerequisite, the Army Traffic Safety Training Program's Intermediate Driver's Course must be completed.

"We created the ATSTP to teach Army warriors to assess driving hazards and

to make smart driving decisions," said Maj. Gen. John A. Macdonald, deputy commander of IMCOM.

The ADC is designed "to reinforce good driving practices learned in the IDC and to create a culture of safety," said Patricia Jackson, a safety and occupational health specialist with IMCOM-Europe.

The new course is an additional requirement to the already in place ATSTP. Soldiers will ideally take the new course 12-18 months after completing the IDC. The training course consists of a 60-minute block of instruction, a video presentation and discussion ses-

sion.

For more information on ATSTP, such as when and where classes are being held, visit the IMCOM-Europe Web site - www.imcom-europe.army.mil - go to left-hand side and click on the "Special Staff", then "Safety Office". Then go to right-hand side and click on "IMCOM-Europe Training (ATSTP)". You may also directly access the ATSTP program at: www.imcom-europe.army.mil/sites/management/so_atstp.asp

While the schedule is subject to change, every effort will be made to give 30-days' notice before any class is canceled.

First Sgt. Barracks Initiative on its way

By **Juan R. Meléndez Jr.**
HERALD POST STAFF

Heidelberg unit leaders can look forward to getting out of the business of managing barracks, but that won't mean that they will lose control of their Soldiers or their welfare.

Under a program called the First Sergeants' Barracks Initiative, or FSBI, the garrison's Housing Office will take over management of the barracks, or unaccompanied personnel housing.

"The name of the program emphasizes that this does not replace unit leadership," said Housing Services Chief Jan Cahela. "It's an extension, not a replacement, of the chain of command."

She said that leaders will still be responsible for the Soldiers' comfort, welfare and discipline. What it will do is free them from the day-to-day operation of the barracks, a burden that eats up time and manpower, since see **BARRACKS** page 6

18th MPs back home



Dave Melancon

Soldiers from the 18th Military Police Brigade and 95th Military Police Battalion rush to greet friends and family shortly after being dismissed from their last formation during a welcome home celebration in the Benjamin Franklin Village Sports Arena in Mannheim Friday. The approximately 160 MPs returned from a 15-month deployment to Iraq where they conducted law enforcement operations and training for the Iraqi police force. The 'Ever Vigilant' Brigade, the headquarters unit for more than 1,500 military police Soldiers in Multi-National Division - North, handed its Baghdad Police Transition Team mission to the 8th Military Police Brigade Dec. 1. During its tour of duty, the 18th trained more than 20,000 Iraqi police officers and helped establish police training facilities in Diyala and Baghdad.

Rocky reunions normal after 15 months

By **Chuck Roberts**
LRMC PUBLIC AFFAIRS

If you're feeling anxious about reuniting with a loved one after being deployed for 15 months, or if you've already redeployed and seem to have trouble fitting into the family routine again, there's one important factor

you need to realize - what you're experiencing is normal and usually resolves itself with time.

"Every Soldier and every family is going to experience some kind of difficulty during the transition. Expect it, it's normal," said Captain Shawn Gallagher, an Army psychiatric see **REUNION** page 6

COMMENTARY

Diabetes ... Knowledge is Power

Deadly disease on the rise, but preventable through healthy lifestyle choices

By **Laura Burhans**
HEIDELBERG MEDDAC

According to the American Diabetes Association, there are 24 million people in the United States who have diabetes mellitus.

In the past two years, the number of diabetes cases has increased by three million in the U.S. alone. However, with appropriate knowledge, you can protect yourself from the disease.

Diabetes mellitus, which is commonly referred to as diabetes or sugar diabetes, occurs when either the pancreas doesn't produce enough insulin to maintain normal blood sugar or the body is resistant to insulin that controls the blood sugar.

Both of these situations lead to elevated blood sugar levels. As a result of the elevated levels, damage occurs

to the blood vessels. Since all of our organs need blood to survive, the effects are widespread.

Damage to the blood vessels can lead to blindness, kidney failure, nerve damage, heart attacks, poor circulation to legs and feet and delayed healing of any other area of the body.

People who have diabetes are also at a much higher risk for diseases of the heart and blood vessels.

Over time, the nerve endings also become damaged and people with diabetes often don't feel the pain that warns of any of these problems. For example, it is not unusual for a diabetic to suffer heart attacks, but never know it until the heart is permanently damaged.

According to the ADA and the Center for Disease Control, there are a couple of steps you can take to avoid

the problem of diabetes.

The most important factor is knowledge. The more you know about the disease and its symptoms, the better you'll be able to prevent it.

Symptoms of diabetes include excessive urination or hunger, as well as weakness, fatigue and unexplained weight loss. Other symptoms include a thirst that can't be quenched and tingling and numbness in hands, feet or legs.

Common risk factors include family history, obesity, couch potato syndrome, smoking, high blood pressure and age – people more than 45 years old are at higher risk.

However, having symptoms of diabetes does not mean you will definitely get the disease.

Studies have shown that diabetes can be delayed or even prevented

through lifestyle intervention.

Lifestyle intervention refers to practicing healthy eating habits, avoiding excessive carbohydrates, maintaining a healthy weight and doing physical exercise.

Smoking also contributes to diabetes and its effects. If you don't smoke – don't start. And if you do – QUIT!

Contact your local wellness center for assistance with smoking cessation.

Diabetes is a very dangerous and deadly disease. There isn't a cure, but you can avoid the disease and stay healthy by practicing self-care.

If you think you are at risk, or have any of the symptoms listed above, contact your local health clinic and schedule an appointment with your doctor.

And most importantly, exercise and eat healthy!

COMMENTARY

Building a dream home with more than bricks and mortar

By **Chaplain (Col.) Ray Bailey**
USAREUR/7TH ARMY CHAPLAIN

Building a house has its steps and expertise. We all have a dream home.

We envision so many square feet, so many rooms, so many windows, a certain size yard, a large garage, two-story more or less, porches, sun room, etc. It could be a ranch style, colonial, or contemporary.

I'm sure as you are reading this you are visualizing the house you currently own or it breathes life into your dream.

In my file there are magazine pictures of insides and outsides of homes, written wishes scribbled down on back of envelopes, and a list of best places to live.

All of this is well and good but it still doesn't answer the most important part of the building plan. It doesn't address the final stage.

If you can visualize making a dish such as a pie, cake, or casserole, then this is what I am talking about.

Putting all the right ingredients into one dish

doesn't finish the food preparation.

You have to cook it or solidify through cold in order for it to be ready for consumption.

The same goes for house building.

The final stage is turning the house of wood and mortar into a home of people who care for one another.

Allow me to offer some final pieces to your dream home.

These are by far not all you need to do but certainly is a good start for the draft plan.

Make the doors of your home wide enough to receive all who need human friendship and support, but narrow enough to shut out all hurt, pride, and malice.

Make the threshold smooth enough to not be a stumbling block to those seeking answers and acceptance, but strong enough to turn away the power of pain, loneliness, confusion, and evil.

Make the windows clear enough to see the miracles of life called people walking by, but tinted enough to shade from glaring temptations and apathy.

Make the roof strong enough to withstand the

We envision so many square feet, so many rooms, so many windows, a certain size yard, a large garage, two-story more or less, porches, sun room, etc. ... The final stage is turning the house of wood and mortar into a home of people who care for one another.

forces of destruction which tear at the family love, but high enough to allow all the love and respect to be felt.

May the door of your home be a gateway of support, solitude, comfort, and acceptance, but never shut to those who seek these gifts.

Now, your dream home is ready to be built and be lived in.



**Commander, U.S. Army Garrison
Baden-Württemberg:**

Col. Robert J. Ulses

Public Affairs Officer:

Lira Frye

Editor:

Kelli Bland

Reporters:

Jason L. Austin, Baden-Württemberg

Christine June, Kaiserslautern

Kristen Marquez, Baden-Württemberg

Ina Stiewitz, Mannheim

Webmeister:

Juan Meléndez Jr.

Contact information:

Herald Post

Building 107, Patton Barracks

373-7277/7243 or 06221-17-7277/7243

usaghd.post@eur.army.mil

Baden-Württemberg Public Affairs

373-1400/1600 or 06221-17-1400/1600

usaghd.pao@eur.army.mil

Kaiserslautern Public Affairs

493-4072 or 0631-3406-4062

usak.pa1@eur.army.mil

Mannheim Public Affairs

380-1600/385-3369 or 0621-730-1600/3369

usagmpao@eur.army.mil

Advertising:

All requests for advertising must be made to the publisher's sales office at Schwetzingenstrasse 54, Heidelberg-Kirchheim, telephone 06221-603039; fax 06221-603078; www.hp-ads.de.

The Public Affairs Office and Herald Post staff may not accept advertising.

The Herald Post is published by Adolf Deil GmbH & Co. KG, a private firm in no way connected with the Department of the Army, under exclusive written contract with the U.S. Army Garrison Baden-Württemberg. This commercial enterprise newspaper is an authorized publication for members of the U.S. Army overseas. Contents of the Herald Post are not necessarily official views of, or

endorsed by, the U.S. government, Department of Defense, Department of the Army or the USAG Baden-Württemberg.

Appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the U.S. government, Department of Defense, Department of the Army, the USAG Baden-Württemberg, or Adolf Deil GmbH & Co. KG of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg. Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09102. Civilian address: Herald Post, Patton Kaserne, Gebäude 107, Kirchnerweg 4, 69124 Heidelberg. E-mail address: usaghd.post@eur.army.mil.

Submissions are welcome, including letters to the editor, but we reserve the right to edit for style, space, libel, clarity, security and good taste. To be considered for publication in a particular issue, they must be in our hands by noon the preceding Thursday.

Chapel community choir to perform Händel's "Messiah"

By Kristen Marquez
HERALD POST STAFF

The joyous sounds of Händel's "Messiah" will ring through the night as members of the chapel community perform the Christmas masterpiece, 7 p.m. Saturday at the Mark Twain Village Chapel.

Musicians have been working on the show since September, and with several international featured soloists and a full orchestra, the performance promises to be a night to remember. Doors open at 6:30 p.m.

The choir was open to anyone who wanted to sing the "Messiah." According to MTV Chapel Choir director Ed Matthiessen, word spread and new people would show up almost weekly to join in the performance. The orchestra, Matthiessen said, is comprised of professional musicians, mostly from the Heidelberg Philharmonic Orchestra.

Matthiessen said he firmly believes people will be surprised when they show up to see the performance Saturday.

"It's very upbeat music, and the orchestra and the chorus are so exciting," he said. "It's unexpected, but exciting. It's powerful, but not 'boring' classical music. There are so many exciting

choruses and solos and I think people are in for a very happy and entertaining evening. It's the Christmas season and this is what the Christmas season is all about."

Regina Buck has been singing in the MTV Chapel choir since 1994 and once again this year is a featured soloist in the performance.

"I've been in the choir for many years and this is one of the highlights of the year, and it's also an honor to do a solo," she said.

Buck said she enjoys the chance to sing and combine it with her faith.

"(The best part) is telling others about God's word, and for me it's the combination of the Christianity and the singing," she said. "It's good music and it's a good way to add another little thing just before Christmas."

Christmas, known as being a time for family, is what convinced mother-daughter team Ann and Mary Ann Murvin to participate in the concert together.

"Mary Ann performed last year and seemed to enjoy it a lot so we decided this year we'd make it a mother-daughter thing," Ann said. "I was teaching a class last year and couldn't be in it."

It has been enjoyable for the pair to prepare together, even though at first Ann was a little unsure as to whether



Kristen Marquez

Mark Twain Village Chapel Choir director Ed Matthiessen and Patrick Henry Village Chapel pianist Sanghee Park lead the chapel community choir in a rehearsal for Händel's "Messiah" Monday in the MTV Chapel Fellowship Hall. The performance is scheduled for 7 p.m. Saturday at MTV Chapel.

it would work out.

"At first I was thinking 'let me out of here!' because it's just such a big production and I've never been in a production like this before, but once you get relaxed and working with it. It really has been enjoyable," she said.

Mary Ann, who said she has loved singing since she was a little girl, agreed with her mom. Both said they hope community members will take the time to come to the chapel Saturday and hear the performance.

"It's a very good Christian testimony and also at this time of year with the busyness of presents, with the other

activities going on like school productions and things like that, I just think it's good for at least one night for the community to remember the real reason for Christmas," Mary Ann said.

Featured soloists in the performance are Buck, Amy Bullard, Melody Ndoumbe, Laura Morgan, Francisco Almanza and William Denman.

Georg Friederich Händel, born in Halle, Germany, composed "Messiah" in 1741-42 and it was first performed in Dublin, Ireland, in 1742.

The "Messiah" performance has been a tradition for the community choir since 1999, Matthiessen said.

Welcoming the holidays...

Communities make merry memories at holiday tree lighting ceremonies



Jason L. Austin



Staff Sgt. Jonathon M. Gray

Brig. Gen. Jeffrey G. Smith Jr., commanding general, 5th Signal Command, talks to Q'Tarius Owens, moments before Owens pushes the plunger lighting the U.S. Army Garrison Mannheim Christmas tree Dec. 1, during a tree lighting ceremony at the Benjamin Franklin Village chapel. The tree lighting symbolized the beginning of the winter holiday season. Following the ceremony, Santa Claus made a guest appearance with treats for children.

(Left) Children from the Heidelberg community enjoy riding the merry-go-round at the Holiday Magic event held Friday on Patrick Henry Village. The event had a hometown holiday market with food and goods for sale, as well as live music by community music groups and horse rides. The evening was capped off by a visit from Santa Claus and the lighting of the community Christmas tree.

In Memoriam – Steven Phelps

AAFES and the Mannheim community mourn the death of Steven Phelps, who died Nov. 17.

Phelps was born Feb. 19, 1950 in Portsmouth, Va., and joined the U.S. Army on Oct. 1, 1976. He separated from the Army on Nov. 1, 1980. During his military career he was stationed at the Pentagon from Dec. 1977 thru Aug. 1978. He was then transferred to 97th Signal Battalion at Coleman Barracks, where he remained until departing the Army. He then started working for AAFES in Dec. 1980 at the Coleman Shopette as a Sales Clerk and was promoted to Supervisor in Nov 1988. In Feb. 1999 he was temporarily promoted to Store Manager at Coleman until Oct. 14, 2000, when he transferred to the Spinelli Furniture Store as Reorder Assistant.

In January 2003 he moved to the Mannheim Main Store in as Store Assistant Manager. During his 28 years of service with AAFES, Phelps received two Proficiency Awards and two Excellence Awards.

A memorial service was held at the Benjamin Franklin Village Chapel Wednesday.

Beat tobacco addiction: be Army Strong!

By Brad Taft
USACHPPM

ABERDEEN PROVING GROUND, Md. – As a Soldier, you are part of a team that is not just strong, but Army Strong. You have physical strength, mental strength and emotional strength. You are “strong enough to get yourself over” and “strong enough to get over yourself.” This strength can help you win the fight against the fiercest addiction you may ever face—tobacco addiction.

Tobacco addiction comes on gradually. You try a few cigarettes and think it isn’t too bad. You feel more alert, ready for anything. It is not that expensive either. Just a few bucks a day to feel good.

But soon, you smoke whenever you can, at what-

ever the cost; not just in money, but in time and in relationships. Now, you don’t want to feel good by smoking; you just want to avoid the bad feeling that comes when you don’t smoke. This is addiction, and it only takes about 100 cigarettes to go from “trying it out” to addiction.

According to the Surgeon General of the United States, smoking has negative effects on nearly every organ of the human body. Smoking is directly linked to the two leading causes of death: coronary heart disease and cancer. Cigarette smokers are two to four times more likely to develop coronary heart disease than nonsmokers.

For more information:

- American Cancer Society, www.cancer.org.
- Quit Tobacco, www.ucanquit2.org.

Winter tires recommended for safety's sake

Germany, Austria levy fines on motorists lacking weather-appropriate gear

By John Reese
USAG GARMISCH PUBLIC AFFAIRS

GARMISCH – When it comes to winter driving in Germany and Austria, there’s been some confusion about winter tires and driving laws.

By living at the base of the Alps here – or at most other installations in Europe – one of the first things that people learn at the onset of winter is that they’ll need a second set of tires for their personal vehicles. But what type of special winter tires, if any, are required by German and Austrian laws?

There are two kinds of symbols on European winter tires: a snowflake representing “snow” tires, and “M+S,” meaning the tires are designed to work in mud and snow.

The confusion comes from an ambiguity of laws enacted in the past few years. It doesn’t specifically mandate the use of a certain type of winter tire, only that the tire be designed for the type of weather conditions expected to be encountered.

The German law states that tires must be “suitable to the weather.” This means snow, ice and freezing conditions on the roads like black ice, a thin coating of ice that’s hard to detect before you’re sliding on it. Black ice is especially present on bridges, usually preceded by a warning sign.

Austrian laws are more specific. Like German law, the tires must have the snowflake or M+S marking and must have at least 4 millimeters of tread pattern. However, the Austrians require winter tires to be used from Nov. 1 to April 15, and in some places snow chains are required.

To avoid unnecessary damage to the roads, snow chains are to be used where warnings are posted or when directed so by the police.

Also, heavy snow or ice patches are commonly found on the high mountain roads of Austria. Winter tires

should be used in all winter conditions, and driving with chains on fair weather tires isn’t acceptable. Furthermore, signs advising motorists to use their chains will be posted.

In both countries, all four tires should match, meaning you can’t get by with just swapping out the “drive” tires.

Practically speaking, the Polizei don’t go around checking your tires, but if you’re the cause of an accident and a “Stau” (traffic jam) stalling the flow of traffic, you can expect a ticket of €20 for not having the correct tires and another €40 for causing the jam. In Austria, the fines can range between €35 to a painful €5,000 for non-compliance.

“Drivers who obstruct or endanger traffic due to summer tires will definitely be ticketed,” warned Andreas Tuerk, safety officer for U.S. Army Garrison Garmisch.

Additionally, insurance companies may deny coverage to motorists driving with summer tires on wintry roads, added Tuerk.

Some auto insurance companies might deny or invalidate claims, making the driver liable for part or all of any damage or injury if an accident occurs without winter tires. This isn’t automatic, however.

And the “police can assign blame to a motorist without snow tires, regardless of who actually caused the accident,” Tuerk said.

Tires specifically designed for snow will function better than the multi-purpose ones, but the most important thing is for a good set of tires with at least 1.6 millimeters of tread pattern. For best safety practices, however, tires with a tread pattern of less than 4 millimeters should be replaced.

Usually, tires can be inspected for safety at many installation Auto Crafts Shop, auto dealers, tire shops or road service providers. AAFES Car Care



John Reese

Bob Laird, manager of the U.S. Army Garrison Garmisch Auto Crafts Shop, swaps out a tire from an after-market rim. During winter months, Army safety officials in Germany encourage drivers to switch to snow or mud/snow tires.

The “police can assign blame to a motorist without snow tires, regardless of who actually caused the accident.”

Andreas Tuerk, USAG Garmisch safety officer

Centers also provide safety checks.

And when buying winter tires from AAFES, it is wise to call ahead to ensure they have the correct size, especially if your car has after-market rims.

“Your car must be equipped with the right tires depending on road conditions,” said Ivano Novarini, from the garrison’s Directorate of Logistics.

Novarini is responsible for the garrison’s vehicle fleet and a veteran of many an Alpine winter. He goes by a tip he picked up years ago.

“If the temperature drops constantly below 7 degrees Celsius, the use of winter tires is a lot safer, even on dry roads or rain, because of their special mixture which guarantees better grip in low temperatures,” advised Novari-

ni. “I go by ‘it’s getting cold, let’s put winter tires on.’”

Besides your personal vehicle, it’s also wise to be careful when renting a car. Some rental agencies may charge an additional fee for winter tires. Check before you rent, depending on where you’ll be driving. Winter tires are required by law in several other European countries, including Sweden, Finland and the Baltics.

If you’re still unclear on the type of tires needed, contact the garrison Safety Office or speak to someone at Vehicle Registration.

The bottom line is that winter driving conditions add a dangerous dimension to driving – use winter tires, common sense and slow down

Program deals with provider fatigue, secondary trauma, loss of empathy

USAREUR Public Affairs

Three years ago, Landstuhl Regional Medical Center developed the Combat and Operational Stress Reaction/Staff Resiliency (COSR/SR) program to address the trauma and loss of empathy health care providers face as a result of combat and operational stress.

The Army's new Provider Resilience Training program is designed to further that care.

"(Combat and operational stress) is part of the spectrum of emotional and spiritual and psychosocial reactions that come to people in the aftermath of some sort of a trauma," said Chaplain (Col.) James R. Griffith, chief of LRMC's clinical pastoral division.

LRMC's health care providers sometimes experience the secondary trauma of treating those patients because they identify with them very closely, he said.

"When you're in an intensive care unit or a burn ward, and you're caring for a young Soldier who was wounded 'downrange,' you look at him and think, 'That could be my son on the table,'" Griffith said. "The combat (and) operational stress part is that there may be a little bit of avoidance, where they've had enough and they need a break before they go into another ICU room."

PRT is designed to assist military health care providers who may be experiencing provider fatigue to "recharge."

"A provider who can operate effectively is less prone to errors," said David Douglas, program manager for Europe Regional Medical Command's PRT program.

Douglas explained that the PRT program came about as a result of studies at Walter Reed Army Medical Center, where provider fatigue was one of 96 items the Army identified for assessment.

As a result, Maj. Gen. Gale S. Pollock, then acting Army Surgeon General and commander, U.S. Army Medical Command, mandated in May 2006 that all Army medical commands assess the level of secondary trauma among their providers, and provide training to increase resiliency against provider fatigue.

ERMC began implementing the PRT assessment stage in August, and will continue through the end of the year. Care providers take the online assessment, which provides them with information on their levels of fatigue, and offer resources to help them deal with it, Douglas said. Those resources include speaking with a chaplain or counselor, taking leave, or temporarily shifting to a non-intensive duty position.



Illustration by Bill Roche

Douglas said that assessment shows 60 to 75 percent of ERMC's health care providers report high job satisfaction, while there are indicators of some form of fatigue among 20 to 25 percent.

According to reports from the U.S. European Command's quality of life conference earlier this year, EUCOM has been developing strategies for combat and operational stress since the subject was first discussed at the command's 2007 Deployment and Community Counseling Support Conference.

During the QOL conference, EUCOM leaders made a commitment to create a theater-level joint working group to design the implementation of a permanent combat and operational stress program.

As part of that commitment, EUCOM conducted a "beta test" in September. Based on the test success, EUCOM has targeted funding to help craft a program that could ultimately be implemented DoD-wide.

In a November interview, Dr. Anita Brown, clinical psychologist and then program director for LRMC's COSR/SR program, said LRMC officials are looking forward to building on the program for the welfare of LRMC's providers and patients.

Brown said it's normal for health care providers who work routinely with medical issues and trauma to experience some form of fatigue.

"If you think you're invulnerable, you're naive at best, and negligent at worst," she said.

"This is not simply a 'check the box' kind of training. It was developed to care for the provider individually, and that's what we hope to do," Douglas said.

PRT assessment tools can be found on Army Knowledge Online and at www.behavioralhealth.army.mil.

BARRACKS

continued from page 1

units must staff that mission "out of hide," using unit Soldiers who should be doing Soldier things.

The program, which Cahela said will be fully implemented when funding becomes available, should also result in more efficient use of unaccompanied personnel housing and improve the quality of life for single Soldiers.

It is expected to reduce maintenance response time and allows for the management of vacant barracks spaces during deployments. And it reduces damage to buildings and furnishings by holding individual Soldiers accountable

for their quarters.

The goal is to maintain unit integrity at the battalion level, or, when that is not possible, at the brigade level.

How does it work as far as the individual Soldier is concerned? Pretty much like family housing.

Incoming single Soldiers will report to the Unaccompanied Personnel Housing Office to in-process, receive a briefing and their keys.

They will inspect the room and return an inspection sheet to the office. At that point, they become responsible for the care of the room and its furnishings.

On departure, the clearing pro-

cedure is again similar to that of family housing.

The Soldier is responsible for cleaning the room and must formally clear through Housing. This will include an inspection by Housing.

Once cleared, Soldiers will be housed in unit-controlled transient rooms before departing.

The FSBI pilot program was at Fort Hood. In Heidelberg, eight buildings in Mark Twain Village have been operating under the program "for about three years," Cahela said.

It has now been made mandatory Army-wide and will be implemented as funding permits.

REUNION

continued from page 1

nurse practitioner at Landstuhl Regional Medical Center. Insomnia is a common complaint among returning Soldiers, as well as being hyper-vigilant to noise, or showing displays of anger that are more than normal or last for a longer duration.

"While the Soldier's been away, the spouse may have become more independent," Gallagher said. "Everything he's used to has changed and he may not be sure where he fits into the family situation. But the Soldier needs to understand that it is a normal part of the post-deployment cycle. There's nothing wrong with them, but it's just something that happens and that typically improves and gets better over time."

While the spouse may have become more independent, the Soldier can become more reliant on his or her "battle buddy" and fellow Soldiers while living in a life and death environment with them 24/7 for more than a year.

When the deployment ends, the intense camaraderie ends rather suddenly. Unlike Soldiers who spent weeks together decompressing on troop ships as they returned from World War II, today's Soldiers can be flown home, receive a hero's welcome and enjoy a warm reception at home all within days of redeploying with their unit in Afghanistan or Iraq. But as many find out, Gallagher said, the honeymoon eventually ends and the reality and normalcy of day-to-day life soon resumes.

To help better ease into the transition, Gallagher said communication is the key, and to begin the discussion while still deployed. Find out how your spouse has been getting by day-to-day, and ask questions about the new routine.

By doing so, Gallagher said, you're letting your spouse know you recognize that adjustments have been made, but at the same time letting him or her know that you want to become part of the routine again.

"It's like when you're dating. You're starting over in some respects," Gallagher said of establishing the routines of a new life together.

And as with dating, problems can arise. Most Soldiers don't have redeployment issues that don't resolve themselves with time, but for those who do, Gallagher recommends seeking out a friend, family member, clergy or a battle buddy to discuss what you're feeling.

As for seeking professional help, Gallagher offers the following advice: "If you think it may be better to talk with someone, that's a positive sign, and that's the time to see someone – not because of psychiatric concerns but to reinforce combat stress principles and management."

And for those who do need additional help readjusting, the good news is that much of the stigma for seeking help has taken a definite positive downturn, said Capt. (Dr.) Sebastian Schnellbacher, an Army psychiatrist at LRMC.

The stigma has decreased as the Army has increased its efforts to identify and resolve potential problems, said Schnellbacher, noting that Soldiers are assessed both before and after they deploy, as well as follow-up assessment months after they've returned.

For more information on predeployment, deployment and post-deployment issues for Soldiers and family members, Gallagher recommends visiting the Army's Battlemind Web site at www.battlemind.army.mil.

KAISERSLAUTERN

21st TSC's deployment facility sets processing records

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

The numbers are an excellent indicator of the magnitude of the current mission.

About 4,000 Soldiers from units deploying with the 172nd Infantry Brigade passed through the 21st Theater Sustainment Command's Deployment Processing Center on Rhine Ordnance Barracks between Thanksgiving and Dec. 5.

Even for the experienced team at the DPC, which falls under the 21st TSC's 39th Transportation Battalion, those are record numbers.

"This is probably the greatest influx of Soldiers we have ever experienced," said Odis Atkinson, a DPC team leader and equipment specialist. "We usually see about 200 to 300 Soldiers every three weeks or so. Now, we are looking at 4,000 in a 10-day time frame."

Atkinson and his coworkers at the DPC attribute the mission's success to intensive planning and excellent teamwork.

"We sat down with the staff and did a lot of planning," Atkinson said. "We analyzed the mission and crunched the numbers. For example, we usually stock 2,000 bottles of water and 3,000 meals; for this mission we upped the meals to 10,000 and the water to 6,000 bottles."

"Once we broke out all the mission

requirements, we set up teams to manage and take care of them. We were working three flex shifts to be covered 24/7, and we always overlapped teams to be prepared for potential changes and challenges."

"We have a great team that pulls together to get things done," said Wayne Rondeau, another DPC team leader and processing specialist. "We back each other up. And, being the Air Force guy here, means I know what they want at Ramstein Air Base. I can help the Army side of the house by being familiar with how to best prepare to get their equipment on the planes." In addition to the cooperation required for good team work, the staff's joint effort was directed toward one common goal.

"The idea behind everything we do is to make it as easy on the Soldiers as possible," Rondeau said.

"We want to minimize all that 'hurry up and wait stuff' to get them processed as quickly as possible so they can enjoy a little more comfort before they go downrange," Atkinson said.

"Our team leaders are retired senior noncommissioned officers. We speak the same language, and we speak the language of the Soldiers coming through here as well. We know how to relate to them and how to get them to do things because that's what we did during our military careers," he said.

Soldiers from the 9th Engineer Bat-



Angelika Lantz

1st Sgt. John Gutierrez with the 9th Engineer Battalion and Odis Atkinson, a team leader and equipment specialist with the 21st Theater Sustainment Command's Deployment Processing Center, review paperwork after the Soldiers of the 9th Engineer Battalion were manifested at the DPC at Rhine Ordnance Barracks Dec. 2. The 9th Engineer Battalion, a 172nd Infantry Brigade unit, is part of the brigade's contingent of about 4,000 Soldiers who deployed through the DPC during a 10-day period.

talion, a subordinate unit of the 172nd Infantry Brigade, who were bused to the DPC from Schweinfurt Dec. 2, testified to a successful mission.

"I came through here on a deployment in 2003," said Capt. Jerrid Allen, the Headquarters and Headquarters Company commander for the 9th Engineer Battalion. "There is a world of difference between then and now. Things run a lot smoother and much

more efficiently. It took about 30 minutes to manifest more than 200 Soldiers, which used to take three or four hours back then."

"There seem to be improvements everywhere," said Lt. Col. Ben Bigelow, the 9th Engineer Battalion commander. "The whole system – the reception process, manifesting, the services provided to the Soldiers – everything seems to have improved a lot."

Warrior Transition Unit shows personal side with holiday meal

By Spc. Fabian Ortega
USAREUR PUBLIC AFFAIRS

The staff of the Kaiserslautern Warrior Transition Unit on Kleber Kaserne shifted its focus from rehabilitating and reintegrating wounded Soldiers to lifting their spirits for a day.

The unit cadre put together a Thanksgiving lunch for 42 of its Soldiers at the WTU center Nov. 25.

"We wanted to celebrate a little fellowship and allow the staff an opportunity to give to the warriors on a personal level," said Maj. Joel B. Neuenschwander, WTU commander.

With the help from family readiness group members and the Kaiserslautern Soldier and Family Assistance Center, the WTU provided a traditional Thanksgiving Day meal.

An oven-roasted turkey, sweet potatoes, baked ham, chocolate brownies and assortment of veggies were the highlights of the feast.

"The Thanksgiving meal lets the Soldiers know that we're thinking about them and their healing process during the holidays," said Staff Sgt. Richard Craft, a WTU cadre member.

While the staff members' full-time mission is helping the WTU patients through their individual treatment plans, events such as the holiday get-together offer the staff opportunities to express their compassion on a more personal level, Craft said.

Pvt. Kyle L. Ward said the Thanksgiving meal was



Spc. Fabian Ortega

Cadre, patients and family members at the Warrior Transition Unit on Kleber Kaserne in Kaiserslautern mingle during a Thanksgiving luncheon, Nov. 25.

another example of how the WTU staff demonstrates that the patients' well-being is their top priority.

"(The WTU and SFAC staffs) like to do that for us a lot. They like helping out the Soldiers, and they've put together quite a few luncheons for us," said Ward, who came to the WTU in January after tearing the anterior cruciate ligament and meniscus in his left knee.

Ward's recovery has been long and as he prepares to move to a new unit back in the U.S., he said his

WTU squad leader has kept him motivated.

"I think a big part of your healing is staying motivated and having a positive outlook," Ward said. "If you have a lack of motivation, it's going to be hard everywhere you go, and that's what a lot of Soldiers struggle with."

Craft said the WTU cadre goes to great lengths to ensure Soldiers medical needs are tended to and their medical, behavioral, social, career or personal goals are met.

Neuenschwander said many Soldiers who are assigned to a WTU have illnesses or injuries that require complex medical care.

"Some of (the Soldiers) will be returned to the force after they complete their complex care and their medical treatment plan," Neuenschwander said. "Some of them have conditions which will require a medical evaluation board and they are either determined fit for duty or they are separated."

The WTU comprises Soldiers from different units throughout U.S. Army Europe, and fostering an environment that builds unit cohesion and camaraderie is important for their successful rehabilitation there, Neuenschwander said.

"The sign of a good organization in the Army is the way we embrace our brothers and sisters in arms and take care of them. We do that on a professional level, but also on a personal level. This is more the personal side of our professionalism that we get to share with the Soldiers."



Staff Sgt. Jose Gutierrez and Spc. Robert Hunt carry an injured man from a MEDEVAC helicopter Dec. 1. More than 60 Joint Task Force-Bravo personnel participated in humanitarian disaster relief missions in Costa Rica and Panama.

(Below) A Soldier from the 636th Military Intelligence Battalion, Texas Army National Guard, sets up a Claymore anti-personnel mine during pre-deployment training at Camp Swift, Texas, Nov. 13. The 636th is scheduled to deploy to Afghanistan in support of Operation Enduring Freedom.

Staff Sgt. Joel Mease

ourARMY
around the world

For more Army news,
visit www.army.mil



Sgt. Juan Torres-Diaz



Senior Airman Eric Harris

1st. Lt. Mark Finley, 8th Infantry Regiment, 4th Infantry Division, talks with Iraqi children during cordon and knock operations in Afak, Iraq, Nov. 30. During the operations the Soldiers talked to Iraqi residents about living conditions.



Petty Officer 2nd Class James Wagner

Pfc. Justin Fisher, 10th Cavalry Regiment, 4th Infantry Division, writes down notes following a visit to the Central Euphrates Farmers Market in Haswah, Iraq, Nov. 28.

Voices of



AP English students at Mannheim High School write their own memoirs

Natasha Delgado
MANNHEIM HIGH SCHOOL STUDENT

When given the assignment to write a memoir, the Advanced Placement English Language Students of Mannheim High School engaged in the challenging task of delving into their memories and displaying them in a manner that enticed and impacted their audience.

Students first read William Zinsser's "The Art and Craft of Memoir," where Zinsser describes the current literary era as "the age of the memoir ... everyone has a story to tell, and everyone is telling it."

Acknowledging this, students drew a line between memoirs that have the potential to inspire and/or educate and those that caused us to wonder why we read the piece in the first place.

Zinsser wrote "Memoir is how we try to make sense of who we are, and who we once were," and the thoughtful ones, Zinsser suggests, are not vehicles for self-pity.

A well-written memoir opts for honesty in place of pity-worthy lies, self searching rather than a fame bringer, a work that gives an enjoyable, though sometimes disturbing, first-person account of what it's like to bear the facts of your own life.

Students were given multiple memoirs to read and analyze, paying close attention to content, coherence, imagery, and detail.

Finally, students focused on connecting to their own experiences and strengthening their voices.

To this end, students' refined their diction (word choice), detail (facts and instances), imagery (the representation of the five senses and physical sensations), syntax (sentence structure), and tone in their writing.

With these ideas and devices in their toolkits, the students set out to write their lives.

"I was so impressed with the students' work," said Stephanie Nelson, Mannheim High School's AP English Language and Composition teacher. "These students have all had experi-

ences that we can relate to. I wanted to get their work out where others could read it and where others, as Zinsser said, could be "nourished by their journeys."

Students brought their personal stories to life with complex analogies about the battles of life, playful mockery of fairy tales, and perusing once unknown attractions.

A few examples of such nourishing works are as follows:

Rachael Nevinger

In the first feature piece by Rachael Nevinger called "Insatiable," Nevinger writes about the power of expectation internalized – parents' expectations and the expectations that one has for oneself.

"People are born with the expectations, if not their own. They have those of others stamped on their new, wrinkly pink skin. As a consequence, we all look to the future as something far ahead, where the expectations lurk like beasts, ready to snap up those who cannot run fast enough. Parents press their children to do well in school, to prepare for college, to ready themselves for being thrust into a heartless world on their own. They all share the desperate hope that out of the multitudes, their child will be the one to survive. For the child, these dreams seem so distant and impossible, that it is hard to focus on events just around the bend. We hardly ever see the future as something close and personal, or notice how the little twists and turns really affect us. I made this mistake, and was thrown on a path different that I could have ever imagined. The lake of my life had some unexpected sand bars, and I found myself in imminent danger of never getting free. I will never live up to certain expectations, either my parents' or my own, and even if I find my way back into the water, I am all the more likely to drown."

Ashley Southworth

Ashley Southworth celebrated the small things in life with her piece.

"I believe that life is not created out of major events but of the small things, which happen within them. Of the person that asks you how you were in the morning. Of the friend that warns

you right before you clumsily fall into a hole. It is the repetition of those small things that creates your ideology of life. After all, for people like me at least, the smallest lie or truth can change your life."

Kevin Holloway

Kevin Holloway wrote about a family ski trip to the Zugspitze. His story begins at home and ends with him looking down at the tips of his skis atop the mountain. In "A Summit of my Life," Holloway describes Amberg from out of a car window.

"This is where I folded a page in my book and closed it: Amberg was over a thousand years old and displayed many examples of the old-age architecture. From the crumbling wall that separated the Altstadt, or old town, to the modern Amberg, to the numerous churches scattered around, the town was a marvel for an architecture fanatic like me. I looked up, past the wall, and saw the giant Amberg Cathedral, the city's main church. Its tall spire towered over the rest of the town as if watching over it. The church was 900 years old and its presence was like that of an elder in a village. It offered spiritual advice to the younger generation; its doors wide open, willing to accept new minds to fill with the ancient creeds of Catholicism."

Along with lighthearted themes there were memoirs that projected the disheartening emotions that accompany losing something important in our lives.

Heavy emotions are not exclusive to just an adult audience.

Sade Burney

Loss of a childhood was courageously shared by Sade Burney who reveals the grief in her role of "daughter":

"It's sad because during that time I didn't feel like a daughter, but like a servant who was in the way and one that could never do anything right because all he did was yell at us even when we did our best. I am sure my brother felt the same way. I could see it in his eyes."

Summer Jacobson

The sadness accompanying the loss of a friend and dear pet was written

by Summer Jacobson as she retold the tale of her last moments with her dog, Lucky.

"I don't know if I was expecting news like that or not, but it hit me hard. I couldn't contain myself and just started crying uncontrollably. How could this be? I couldn't possibly say goodbye to something that's been such a key part of my life and happiness. I knew it was bound to happen, but, even at the moment, I couldn't imagine what it was going to feel like."

Natasha Delgado

Natasha Delgado describes the intensity of being denied the attachment to someone she held close to her heart and our tendency to dwell in "the darkness" long after it has gone.

"And yet my heart still yearns. Ah, I am fortune's fool! It still beats for a man who refuses me. What of the poetry I have written, the songs I have sung, were they all for naught? Have I not loved with a love that most men have dreamed for? Who, if not him, could I possibly bestow upon these trivially poetic words that I do devotedly recite for there is not light amongst this vessel; there is but a vast darkness from which my heart will not depart. There is only the blackness of his soul. If Aphrodite be willing, I shall never part from his beautiful darkness. I said these words, filled with lighthearted intentions but backed by repressed negativity."

Jacqueline Howard

"History's Cliché," written by Jacqueline Howard, expressed the overwhelming burden of having to learn to live without an important family member in her life by following a pathway of healing.

"Perhaps every time you gain something, such as an inkling of joy or happiness, you lose much more, possibly a friend, love, or the natural defense you create for yourself to prevent being hurt. Or maybe it's the other way around. You may even find that you gain an equal amount of something else when you lose that one battle; you are just too focused on this to realize that in exchange for this loss, you are given new vitality, too grievous to understand and appreciate this gift."



Great skiing opportunities nearby, outdoor recreation has all the gear

By Kristen Marquez
HERALD POST STAFF

People in U.S. Army Garrison Baden-Württemberg are living a winter sports lover's dream by being so close to the Alps – a haven for skiing and snowboarding. Nearby are some of the best German ski slopes – Garmisch, being 90 kilometers southwest of Munich, and Oberstdorf.

Both destinations offer all the fun and adventure a skier could wish for, for beginners and advanced skiers alike.

But skiing options are not only limited to Germany – Austria and Switzerland are also close by. In Austria, St. Anton and Sölden are popular destinations. The skiing season in Sölden begins earlier than other locations since it has two glaciers that give excellent snow reliability and the Matterhorn awaits skiers in Switzerland – taking skiers' breath away.

Even though the slopes are relatively close, the planning, organizing and funding needed to pull off a successful trip can seem intimidating, but Morale Welfare and Recreation stands ready with the resources to assist.

MWR organizes several trips a year, including transportation and sometimes equipment rentals, hotel accommodations and even some meals in the prices.

Kaiserslautern Outdoor Recreation has trips planned throughout the winter, including a Christmas in Garmisch ski weekend Dec. 24-27. Cost for that trip is \$325 and

includes transportation, three nights lodging and breakfasts. Or head to Interlaken, Switzerland, for a New Years' ski party weekend, for \$199 or \$299 including transportation and three nights' accommodations at your choice of two hostels.

For a quicker jaunt to the slopes, check out one of the 'ski express' trips, offered every Saturday through March to some of the most beautiful ski locations around. Upcoming trips include the Alpine Ski Express trip Dec. 20 or the Feldberg Ski Express trip Dec. 25. Price for these includes transportation only and equipment rental is available for an extra \$10.

For more information on these and other ski trips and available equipment for rent, call Kaiserslautern Outdoor Recreation at DSN 493-4117, civ. 0631-3406-4117.

For those in Mannheim, check with Outdoor Recreation for information about their day trips to Feldberg, and Engelberg, Switzerland.

Feldberg is great for beginners and families and offers not only downhill and cross country skiing, but also a children's playground, walking paths and sledding area.

Mannheim Outdoor Rec also has special trips coming up specifically for single Soldiers, seniors, teens and families.

For a complete list of scheduled ski trips or to sign up, contact Mannheim Outdoor Recreation at DSN 381-7215, civ. 0621-739-251.

Don't forget to rent equipment before heading to the mountains. Outdoor Rec. offers full ski and snowboard equipment packages, or

from boots to poles, just rent what you need. Services offered include waxing, tune-ups and fitting bindings.

In Heidelberg, call DSN 388-9282, civ. 06221-388-9282 for a full price and equipment list.

Another option for group ski trips is the Heidelberg Ski Club, a private organization with membership open to anyone in the military community. The club is celebrating its 53rd ski season this winter.

Trips are planned so that beginners, advanced and even non-skiers can tag along and have fun. The club has trips planned from early November all the way through May. Trip prices normally include transportation, lodging and some meals.

The club meets every other Wednesday during the ski season. Meetings begin at 7 p.m. and feature trip sign-ups, entertainment, refreshments, equipment demonstrations, ski tuning, fashion shows and official club business in a social setting.

For more information on the ski club and meeting locations, visit the Web site www.heidelbergski.com.

For those who like to travel individually, Army Community Services offers lots of information on destinations and hotel accommodations that will point you in the right direction.

Another way to plan your trip is to access online resources — www.skieurop.com provides information on ski resorts all over Europe and www.j2ski.com or www.skigermany.com provides information on various skiing destinations close by.

Most important when planning your trip is safety and the mode of transportation.

Winding mountain roads are icy and dangerous, so make sure you take a car that is up to snuff and equipped for the varied terrain – snow chains should always be on hand, be sure to have winter tires on your car and that they are in good shape, and check your lights to be sure they all work properly.

When crossing borders, cars are required to have autobahn stickers. These are available for purchase at the border or at rest stops in Germany as you near the border.

Some resort routes are closed for cars during winter months and are open only so far, thus, you must take the train the rest of the way. This can get pricey and train schedules vary, so plan in advance.

Though some of the best skiers and snowboarders in the world flock to the Alps, beginners should not be intimidated – lessons are available for both children and adults. However, if the lessons still do not help, there is always other fun in the local towns – bustling nightlife and "après" ski are fun aspects of going on a vacation to the Alps.

Après ski, from the French for "after," refers to the various establishments on the mountain or at the base that offer warm Glühwein, beer, other spirits and plenty of good food.

The Alps are too close and too much fun to be missed.

(Editor's note: Portions of this story were taken from USAG Ansbach's "Cultural Calendar" published by the garrison's Public Affairs Office.)

GERMAN COOKING

Marzipan Holiday Surprise (Überraschungshappen)

Ingredients:

For about 50 pieces:
1/2 cup sugar
7 oz. honey
2 eggs
4 1/2 cups flour, plus more for the work surface
1 1/2 teaspoons baking powder
1 teaspoon cinnamon
1 pinch allspice
7 oz. marzipan (almond paste) for baking
7 oz. chocolate glaze
7 oz. confectioner's sugar
2 egg whites
Baking parchment paper

Directions:

In an electric mixer beat the sugar, honey and eggs until frothy. Sift the flour, baking powder, cinnamon and allspice into the mixture and work all the ingredients until they come together in a smooth dough. Let it rest in the fridge for about 30-60 minutes. Preheat the oven to 350° F (180° C). Knead the marzipan, warming it with your hands until it can be shaped easily. Form logs about 4 inches in length and about as thick as a finger. Roll out the dough on the lightly floured work surface and cut it into 3x4 inch rectangles. Wrap the dough around the marzipan logs, then cut the logs into small triangular pieces. Place the pieces onto a cookie sheet lined with baking parchment paper and bake for about 15-20 minutes. Let them cool down on a cookie rack. Melt the chocolate glaze in a double boiler. Sift the confectioner's sugar into a bowl and combine it with the egg whites. Coat half the cookies with the chocolate glaze, the other half with the sugar glaze.

Cinnamon Stars (Zimtsterne)

Ingredients:

14 oz. peeled almonds
3 egg whites
2 cups confectioner's sugar, plus extra for decoration
1 teaspoon ground cinnamon

Directions:

Preheat the oven to 280°F.
Finely chop or grind almonds (food processor works great).
Whip the egg whites in a clean bowl until stiff. Sift the confectioner's sugar and gradually fold it under the egg whites. Reserve and put aside 2 heaped tablespoons of this mixture. Gently stir the almonds and cinnamon into the egg mixture.
Sprinkle the work surface with confectioner's sugar. Roll out the mixture to about 1/4 inch thick. Cut out cookies using a star cutter and place them on a cookie sheet lined with non-stick parchment paper.
Dip the cutter into confectioner's sugar from time to time to stop the mixture from sticking to it. Brush each star with a little of the reserved egg mixture.
Bake for about 30 minutes until crisp on the outside. The cookies should still be a little soft in the center.
SOURCE: www.germanfoods.org

Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



Vicki Johnson is military spouse and a clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at dearmsvicki@yahoo.com.

Dear Ms. Vicki,

I'm a recently single E-7 who's just returned from Iraq.

I started reading your columns prior to this last deployment and empathize with many of your letters and appreciate most of the advice you give. But you have your comical moments too, I'll grant you that.

The first two columns I read since getting back began with letters of the pregnant swinger and the female E-7 trying to justify her "sugar daddy" based on economic times.

Thank you for printing those. I got more laughs from them than I do from watching "Everybody Loves Raymond." I truly think they'd be better served on Jerry Springer or Maury.

Now, I wouldn't go so far as to say that I'm a moral pillar of society, but I try to be a decent guy most of the time. So hopefully those two letters are not a strong indicator of what's really out there these days.

But, I'm an optimist. I don't even look to see if the glass is half full or half empty. Hell, I'm just glad to have a glass to put something in. So, I'm relatively certain that there's a decent lady or two out there. Anyway, thanks for helping people.

From: WTF is wrong with you people!?

P.S. You also score extra points for going to U of L (my hometown).

Dear Ms. Vicki,

I just started reading your columns and boy am I inspired. As a young, intelligent, African-Ameri-

can female, you got it going on.

I love the fact that you put things how they need to be said or read in this case and I feel bad for the people that dislike that about your columns.

I think you keep it as real as they come. We live in a society where people need input, second-opinions and help; whether it is from a family member, co-worker, preacher or friend.

I just wanted to say thanks and keep on keeping on!

Dear Ms. Know it all,

I have never written a letter to a show, to a newspaper or anything.

Since I'm not a fan of your column I can't believe I'm taking the time to write you either, except to say that I don't like you or the advice you give.

You are way off the mark and don't know what you are talking about 80 percent of the time.

I think the paper should rethink giving you such a section. I know I don't know you personally, but I really want to get this off my chest.

Have a happy holiday season.

Dear Ms. Vicki,

I recently returned from my third deployment to Iraq.

I'm not gonna lie, each deployment gets harder and harder, especially being away from my children. It doesn't help being a single parent. But you know how it is Ms. Vicki, a woman's got to do what a woman's got to do, right.

Now, after being deployed for 14 months my children are refusing to return home with me and I don't know what to do.

My children are 12 and 15 and both say they don't want to leave their schools in December only to transfer to a different school in January.

Don't get me wrong, but they are my children.

When did children get to say what they will and won't do? I've never heard of such. I'm really upset with my mother because from my point of view she is not trying to convince my children that they need to be with me and not with her.

I feel like I'm being punished for being active duty and serving my country. I've been fighting for

someone else, but now I've lost my children.

My mother is telling me to calm down and that everything is going to be all right.

I'm just afraid that this is the beginning of the end of me being a parent to my children.

Suppose my mother won't release them in May after school is out, and then what am I going to do?

I'm going to get them next month and if they won't come with me then I'm going to get an attorney to make my mother release my children.

Ms. Vicki please print my letter. I want to know that I'm not the only one who has this problem. I have to know there is someone on my side.

From: Children Refuse to Come Home

Dear Children,

I want you to know that I hear you and I can understand why you are concerned.

I know there are many readers who will understand your position too.

Let me thank you for all of your hard work and sacrifice. I know being an active-duty service member is not easy, especially for single parents.

You are doing a lot more than many of us could ever do. I truly applaud you.

Regarding your children – if I understand them correctly, I think they simply want to complete the school year without moving mid-year in December.

I have to admit that I understand their concerns.

They are at a crucial time in their academic development and friends can also be quite important at their ages.

I really don't want you to think of them as being obstinate or that they are turning their backs on you. I don't think that's the case.

My advice is to visit your children real soon and spend time re-connecting with them. This would be a great time to explore their feelings and find out what they have experienced and how they've grown since your deployment.

You should also share the same with them. Let them know how much you love them.

I think everything is going to be OK.

Nominations due for outstanding math, science teachers

By Samantha L. Quigley

AMERICAN FORCES PRESS SERVICE

WASHINGTON – Department of Defense Education Activity officials are encouraging parents, students, school administrators and others to nominate worthy science and mathematics teachers for a prestigious presidential award.

Michael Kestner, branch chief for mathematics for DoDEA headquarters, said the Presidential Awards for

Excellence in Science and Mathematics Testing began in 1983 and recognizes educators for their dedication to teaching math and science at the 7th- to 12th-grade level.

Recipients also have the opportunity to attend recognition events and professional development programs during their trip to the nation's capital.

DoDEA officials ask that nominations be submitted before Jan. 8. Forms are available on the awards program Web site, www.paemst.org.

Exhibit traces U.S. presence in Germany

By Karl Weisel
USAG WIESBADEN PUBLIC AFFAIRS

HANAU – Even though officials last month returned Pioneer Kaserne – the last remaining U.S. military installation in Hanau – to German government authorities, the Americana spirit still thrives here.

The city of Hanau has opened an “Americans in Hessen” exhibition, as hundreds of guests enjoyed the Nov. 20 opening in Hanau’s Schloss Philippsruhe (Castle Philippsruhe).

“This is one of the most spectacular exhibitions mounted in our young history here in Hanau,” said Lord Mayor Claus Kaminsky, welcoming German and American visitors.

Praising the close cooperation between Hanau and the U.S. military community, Kaminsky said: “This is a very moving event for the citizens of Hanau. We owe you a debt of thanks. ... After World War II, the Americans extended the hand of friendship, which

brought us from the past into the present.”

Referring to the Marshall Plan and “re-democratization” of Germany, Kaminsky noted how Americans and Germans became ever closer in the six decades following the war.

“Through cooperative efforts, much was achieved in Hanau. Without American contributions, Hanau wouldn’t be what it is today.”

While the U.S. military entered Germany as victors and occupiers, they didn’t hesitate in helping to clear away the rubble of World War II’s massive destruction and in reconstruction, the lord mayor said.

The Americans in Hessen exhibition reflects close ties, Kaminsky said, adding that it is a one-of-a-kind display.

The exhibition runs through March 29, in Hanau’s Historical Museum in Schloss Philippsruhe, located on Philippsruher Allee 45. It is open 11 a.m. - 6 p.m., Tuesday - Sunday. There is an admission fee.

GET OUT! area events

December 12

Hinterlux Ski Weekend, Austria – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117. www.mwrgermany.com/KL/odr/trips.htm.

Thoroughly Modern Millie – “Thoroughly Modern Millie” is a high-spirited musical romp about young Millie Dillmount, who has just moved to New York City in search of a new life for herself. Filled with frisky flappers, dashing leading men and a dragon-lady of a villainess audiences will love to hate. “Thoroughly Modern Millie” is a perfectly constructed evening of madcap merriment. Show times are at 7:30 p.m. Dec. 12, 13, 19 & 20 and Jan. 9, 10, 16, 17, 23 & 24, and 3 p.m. Dec. 21 (Special Family Matinee), and Jan. 11, 18. Ticket prices are \$14 for adults, \$12 for students and seniors, and \$10 for youth ages 6-11. Call the Roadside Theater, DSN 373-5020, civ. 06221-17-5020.

December 13

Glacier Ski Express – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Ski/Snowboard Tune-up Clinic – Learn how to maintain your equipment including edge sharpening, base repair, and waxing. DSN 493-4117, civ. 0631-3406-4117.

Strasbourg and Christmas Market – Visit the famous Gothic cathedral and marvel at the astrological clock built in 1350. After a leisurely boat ride through the old district, plan to shop the wonderful Christmas Market (French style) surrounding the cathedral. DSN 385-2082, civ. 0621-730-2082, www.uso.org/rheinneckar.

Nuremberg Christmas Market – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, Civ. 0631-3406-4117.

Upcoming concerts and events

Let the USO do the leg work for you. Order your tickets from the USO center and they’ll call you when they come in.
SAP Arena:
◆ Klitschko vs Povetkin – Dec. 13 (Boxing)
◆ Afrika! Afrika! – From Feb. 10
◆ Tina Turner – Feb. 20 (added show, tickets moving fast)
◆ Die Adler (home games)

December 14

Baden-Baden Caracalla Spa Day & Christmas Market – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, Civ. 0631-3406-4117.

December 16-17

‘Swinging Christmas’ – Audiences can expect a seasonal mix of Sinatra classics as well as American Christmas favorites with the founder of Rat Pack Shows, Louis Hoover, and the SWR Band (German Radio Orchestra) at the Nationaltheater in Mannheim. Ticket-Hotline: 0621-1680150, www.louishoover.com.

December 19

Comedy After Dark – Get your laugh and groove on at Mannheim’s Top Hat Club starting at 9 p.m. A professional stateside comedian and R&B band will entertain you! Patrons must be at least eighteen years of age. Tickets are \$15 in advance and \$18 at the door. Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370.

After-Work Christmas Market, Heidelberg – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

December 20

Paris Express, France; Alpine Ski Express; Valkenburg Caves; Netherlands and Aachen Christmas Markets – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, Civ. 0631-3406-4117.

Ongoing

Ice Skating – Head to Schwetzingen’s Schlossplatz through Jan. 25, 10 a.m.-11 p.m., for a fun-filled day of ice-skating. Adults: €3.30, Children: €2.50 for two hours. Civ. 06202-93270, www.schwetzingen-eiszauber.de.

Pirates: Masters of the Seven Seas – See this children’s exhibition at the Württemberg State Museum in Stuttgart through April 13. www.landmuseum-stuttgart.de.

The Age of Heroes - The Dark Centuries of Greece 1200-800 BC – An Archaeological exhibition at the Baden State Museum in Karlsruhe through Feb. 15. www.landmuseum.de.

The Vikings: An Exhibition Project – Head to Speyer through July 15 for this exhibition, mounted by the Historical Museum of the Palatinate, which showcases the culture and society of Scandinavia and its connection with the rest of Europe in the period from 800 to 1200 AD. The exhibit – including rune stones, weapons, jewelry, precious silverware, coins and parts of ships – come from museums, collections and institutions in the Scandinavian countries. The exhibition is also integrated into the “Museum for Young People.” <http://museum.speyer.de/de/histmus>.

coming to THEATERS



AUSTRALIA

(Nicole Kidman, Hugh Jackman) In Australia, on the brink of World War II, Sarah Ashley an English aristocrat inherits Faraway Downs, a cattle station the size of Maryland. When cattle barons plot to take her land, she reluctantly agrees to join forces with rough-hewn stock-man to save the land. Together, they embark upon a transforming journey across hundreds of miles of the world’s most beautiful yet unforgiving terrain, only to still face the bombing of the city of Darwin by the Japanese forces. Rated PG-13 (violence, sensuality, and brief strong language) 165 minutes.

FLASH OF GENIUS

(Greg Kinnear) The Kearns were a typical 1960’s Detroit family, trying to live their version of the American Dream. When Bob invents a device that would eventually be used by every car in the world, the Kearns think they struck gold. But their aspirations are dashed by the auto giants. Rated PG-13 (Strong language) 119 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Dec. 12 - FOUR CHRISTMASES (PG-13) 6:30 p.m.; FLASH OF GENIUS (PG-13) 9:30 p.m.
Dec. 13 - BEVERLY HILLS CHIHUAHUA (PG) 2 p.m.; FOUR CHRISTMASES (PG-13) 5 p.m.; EAGLE EYE (PG-13) 9:30 p.m.
Dec. 14 - BEVERLY HILLS CHIHUAHUA (PG) 2 p.m., FOUR CHRISTMASES (PG-13) 3 p.m.
Dec. 15 - FLASH OF GENIUS (PG-13) 7 p.m.
Dec. 16 - EAGLE EYE (PG-13) 7 p.m.
Dec. 17 - FOUR CHRISTMASES (PG-13) 7 p.m.
Dec. 18 - BEVERLY HILLS CHIHUAHUA (PG) 7 p.m.

Mannheim, Schuh

Dec. 12 - AUSTRALIA (PG-13) 7 p.m.
Dec. 13 - BEVERLY HILLS CHIHUAHUA (PG) 2 p.m.; FLASH OF GENIUS (PG-13) 4:30 p.m.; AUSTRALIA (PG-13) 7:30 p.m.
Dec. 14 - EAGLE EYE (PG-13) 2 p.m.; AUSTRALIA (PG-13) 4:30 p.m.
Dec. 15 - FLASH OF GENIUS (PG-13) 7 p.m.
Dec. 16 - EAGLE EYE (PG-13) 7 p.m.
Dec. 17 - AUSTRALIA (PG-13) 7 p.m.
Dec. 18 - FLASH OF GENIUS (PG-13) 7 p.m.

Vogelweh, Galaxy

Dec. 12 - BEVERLY HILLS CHIHUAHUA (PG) 3:30 p.m.; FOUR CHRISTMASES (PG-13) 7 p.m., 10:30 p.m.
Dec. 13 - BEVERLY HILLS CHIHUAHUA (PG) 11 a.m.; FOUR CHRISTMASES (PG-13) 3 p.m., 7 p.m.; EAGLE EYE (PG-13) 10:30 p.m.
Dec. 14 - BEVERLY HILLS CHIHUAHUA (PG) 11 a.m.; FOUR CHRISTMASES (PG-13) 3 p.m., 7 p.m.
Dec. 15 - EAGLE EYE (PG-13) 7 p.m.
Dec. 16 - FLASH OF GENIUS (PG-13) 7 p.m.
Dec. 17 - EAGLE EYE (PG-13) 7 p.m.
Dec. 18 - FOUR CHRISTMASES (PG-13) 7 p.m.

Ramstein, Hercules

Dec. 12 - EAGLE EYE (PG-13) 7 p.m.
Dec. 13 - BEVERLY HILLS CHIHUAHUA (PG) 7 p.m.
Dec. 14 - FLASH OF GENIUS (PG-13) 7 p.m.
Dec. 18 - AUSTRALIA (PG-13) 7 p.m.

Ramstein, Nightingale

Dec. 12 - IGOR (PG) 3:30 p.m., 7 p.m.; AUSTRALIA (PG-13) 9:45 p.m.
Dec. 13 - IGOR (PG) 11 a.m., 3 p.m., 7 p.m.; AUSTRALIA (PG-13) 9:45 p.m.
Dec. 14 - IGOR (PG) 11 a.m., 3 p.m.; AUSTRALIA (PG-13) 6:45 p.m.
Dec. 15 - FLASH OF GENIUS (PG-13) 7 p.m.
Dec. 16 - EAGLE EYE (PG-13) 7 p.m.
Dec. 17 - AUSTRALIA (PG-13) 6:45 p.m.
Dec. 18 - EAGLE EYE (PG-13) 7 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Hercules, Ramstein, 06371-47-5550
Nightingale, Ramstein, 06371-47-6147

Visit www.aafes.com for updated listings and more movie descriptions

community HIGHLIGHTS

Europe Regional Library

The Europe Regional Library and Support Center's holiday hours are as follows: noon-6 p.m. Dec. 23; closed Dec. 24-27; 10 a.m.-6 p.m. Dec. 28; noon-6 p.m. Dec. 29-31; closed Jan. 1. The regular schedule will resume Jan. 2.

Holiday Mail Dates

To ensure arrival of holiday cards and packages mailed from here to the continental U.S., community members are reminded of the recommended mail dates: Priority parcels and First Class letters, Dec. 11; Express Mail, Dec. 20.

Rental Car Fuel Cards

The Heidelberg and Mannheim Customs Field offices will now issue fuel cards for rental vehicles during normal business hours. Local Military Police stations will issue the form after normal business hours.

Continuous Process Improvement

A one-day Continuous Process Improvement orientation is available Dec. 16 in Heidelberg. Other CIP/LSS classes are also available. To enroll: <https://www.atrs.army.mil/channels/chrtas/default.asp?page=main.asp>. DSN 370-7811, civ. 06221-57-3530.

local EMPLOYMENT

Program Assistant

Child, Youth and School Services is hiring program assistants looking for a flexible work schedule, regular full-time or regular part-time employment starting at \$9.84 per hour. Health and life insurance as well as retirement benefits are available for some positions. Receive a 50 percent employee discount for your own child care needs. Free training is provided and scholarships are available. DSN 493-4370, civ. 0631-3406-4370.

Bookkeeper

The Mannheim Thrift Shop is currently accepting applications for bookkeeper. The position is 20 hours per week. Stop by the Mannheim Thrift Store, Bldg. 235, Sullivan Barracks, to pick up an application.

Chapel Watch Care Coordinator

USAG Kaiserslautern is seeking a chapel watch care coordinator for fiscal year 2009. Watch care coordinators conduct activities for, and ensure the safety of, children in their care. DSN 493-4098, civ. 0631-3406-4098.

Ski and Snowboard Instructors

Mannheim Outdoor Recreation is looking for ski and snowboard instructors to conduct beginner courses. DSN 381-7215, civ. 0621-739-251.

Mail Room Volunteers

U.S. Army Garrison Baden-Württemberg is recruiting full-time volunteers to work in the consolidated mail rooms Monday-Friday through Feb. 15. DSN 370-7144, jennifer.m.coleman@eur.army.mil.

Respite Care Providers

Kaiserslautern Army Community Service needs respite care providers for short-term care for children with special needs. Applicants must be at least 18 years old, and may make up to \$35/hour. DSN 493-4110, civ. 0631-3406-4110.

KAISERSLAUTERN Education

♦ **ACS Classes and Events** – Anger Management, 6 p.m. Dec. 11; Stress Management, 7 p.m. Dec. 11; Basic Training for Parents, 9 a.m. Dec. 15; Couples Communication, 6 p.m. Dec. 15; Managing Your Assets, 9 a.m. Dec. 15; HUGS Playgroup, 10 a.m. Dec. 18; Anger Management, 3 and 6 p.m. Dec. 18; Stress Management, 4 and 7 p.m. Dec. 18. Reservations are required for most classes. DSN 493-4203, civ. 0631-3406-4203, www.mwrgermany.com/kl/acs.

♦ **New Parenting Skills Group** – Army Community Service and Vogelweh Elementary School are hosting a new Parenting Skills Group that will meet on the first Wednesday of each month, beginning Jan. 7. Participants will make new friends, engage in great conversation, and learn helpful parenting skills from child development professionals. Child care is provided, and there is no fee to attend. For more information, e-mail Pam Ash, Pamela.Ash@eu.dodea.edu.

♦ **Army Education Centers holiday hours** – Army Education Centers are closed Dec. 24-26 and 31, and Jan. 1-2. Emergency contact number for Dec. 24 and 31 is 486-6822 or 06371-89-6822. Normal business will resume 7:30 a.m. Jan. 5.

Community

♦ **NAF Sale** – On Dec. 15 and 16, Ramstein Inns Lodging will hold a NAF Furnishings Sale at the Kaiserslautern Special Events Center, Bldg 237, on Rhine Ordnance Barracks for U.S. ID card holders. The sale will feature a variety of used furniture, TVs, and household items at bargain prices for the holidays. For details, DSN 489-7621/7670, civ. 0631-5367621/7670.

♦ **LRCM Sick Call** – Sick call at the Family Medicine Clinic at Landstuhl Regional Medical Center will change to 7 a.m. beginning Jan. 1. For more information, DSN 486-7796, civ. 06371-86-7796.

♦ **Kleber Clinic relocates** – The U.S. Army Health Clinic, Bldg. 3287 on Kleber Kaserne, has relocated to a modular and temporary facility, 100 meters in front of its normal location. During the renovation, phone numbers and hours will remain the same. For more information, call the clinic's Commander, Maj. Chuck Unruh, DSN 483-6256, civ. 0631-411-6265.

♦ **Influenza Vaccinations** – Flu vaccinations are available at the Kleber Health Clinic 8-11 a.m. and 1-3:30 p.m. Monday-Friday, with the exception of Thursday mornings, and at the LRCM Immunization Clinic 7:30-11:30 a.m. and 1-4 p.m. Monday-Friday.

♦ **Holiday Hours at Army Post**

Offices – The Army post offices on Landstuhl Regional Medical Center and Daenner Kaserne have holiday customer service hours, 9 a.m.-4 p.m., that will continue until Dec. 23. The Pulaski Barracks mailroom is open noon-3 p.m. Saturday until Jan. 3. DSN 484-8120, civ. 0631-413-8120.

♦ **DRM Closure** – The Directorate of Resource Management, Budget and Manpower Office will be closed Dec. 12, 15 and 16. For emergencies: DSN 373-1410, civ. 0175-141-9540.

♦ **Holiday Puppet Show** – Join the Landstuhl Library at 2 p.m. Dec. 13, to enjoy "The Night Before Christmas" and other holiday favorites. For more information, go to www.mwrgermany.com, or call DSN 486-7322, civ. 06371-86-7322.

♦ **Holiday Bingo** – Play to win big at Kazabra Club Holiday Bingo 3-9 p.m. Dec. 21. Four guaranteed \$1,000 games will be played. For more information go to www.mwrgermany.com, or call DSN 489-7261, civ. 0631-536-7261.

♦ **Kaiserslautern Holiday Meals** – The Patriot Gardens, 11 a.m.-3 p.m. Dec. 16; 212th Combat Support Hospital Dining Facility, 6-9 p.m. Dec. 19. Customers pay \$6.35 per meal. Family members of pay grade E-4 and below pay \$5.40.

HEIDELBERG Education

♦ **ACS Classes and Events** – EFMP Teen Social, 7-9 p.m. Dec. 12; Re-integration, 9 a.m. Dec. 16; PCS Briefing, 12:30-3 p.m. Dec. 16. English as a Second Language classes are offered at various times throughout the week. DSN 370-6883, civ. 06221-57-6883.

♦ **Lunch and Learn Seminar** – The Benefits of Pursuing a Graduate Business Degree, presented by Ronald C. Johnson, Ph.D., will be held noon-1 p.m. Dec. 15 at the Patton Education Center, Room 118. Pizza and drinks will be provided. RSVP to maria.neelands@phoenix.edu or civ. 06221-588-0492.

Community

♦ **Health Center open for holidays** – The Heidelberg Health Center will remain open throughout the holiday season. Please call Central Appointments at 06221-17-2622 to schedule an appointment.

♦ **Real Property Planning Board** – The RPPB will meet at 1:30 p.m., Dec. 17 in the newly renovated Village Pavilion on Patrick Henry Village. This will be the 1st RPPB meeting of the fiscal year and builds on the momentum established in the previous planning boards. The RPPB is one of the garrison commander's key forums to gain input from tenant unit commanders.

♦ **Heidelberg International Ski**

Club – The club is having a Christmas party at 7 p.m. Dec. 17 at the Hotel Zagreb in Schwetzingen. www.heidelbergski.com.

♦ **Health Center Holiday Luncheon** – The Heidelberg Health Center Dining Facility will host its holiday luncheon 11 a.m.-1:30 p.m. Dec. 18 in Building 3617 on Nachrichten Kaserne. \$6.35 per person.

♦ **PHV Refuse Collection Schedule** – All refuse containers will be emptied Dec. 27, Jan. 3 and 9. Christmas trees should be put next to recycling islands and will be picked up with the biodegradable waste.

♦ **MTV Refuse Collection Schedule** – All refuse containers will be emptied Dec. 24, Jan. 2, 10.

Extra pick ups: paper, Dec. 27; rubbish, Dec. 29; packaging, Dec. 30. Christmas trees should be put next to recycling islands and will be picked up with the biodegradable waste.

♦ **Kontakt Club Events** – Frankfurt Christmas Market, 10 a.m. Dec. 13; Christmas Party, 6 p.m. Dec. 16; Deidesheim Christmas Market, 2 p.m. Dec. 20; Hiking or sledding in hills of Heidelberg, 1 p.m. Dec. 27. Civ. 06202-18071, annemarie.fritz1@us.army.mil.

♦ **Misa Guadalupana at sunrise** – Mass will be 6 a.m. Dec. 12 at Patrick Henry Village Chapel. Join us for breakfast tacos after Mass. Evening, 06221-751859; day, 0177-6748-775.

♦ **Gift-Wrapping Services** – The Heidelberg Better Opportunities for Single Soldiers program will provide gift-wrapping services for donation 3-7 p.m. Dec. 20 at the shopping center food court.

♦ **Housing Office Closure** – Housing will close at 11:30 a.m. Dec. 12.

♦ **Thrift Shop Closure** – The Heidelberg Thrift Shop will be closed Dec. 19-Jan. 5. All items expiring during the closure must be withdrawn prior to the closure.

♦ **Join Girl Scouts** – Girls, ages 5-17, are invited to become Girl Scouts. Contact our troop organizer: Jana Mayer at 06224-598-737 or trooporganizer2@gsusahd.org. www.gsusahd.org.

♦ **CPAC Closure** – The Heidelberg Civilian Personnel Advisory Center will be closed after noon Dec. 19. For emergencies, contact 0162-271-1649.

MANNHEIM Education

♦ **ACS Classes** – English as a Second Language is offered during the week. Toddler Parenting Class, 9-10 a.m. Dec. 15; Installation Volunteer Orientation and Training, 1-2 p.m. and 3-4 p.m. Dec. 15 & 17; School Age Parenting, 9-10 a.m. Dec. 16; Mom and Me Play Group, 10 a.m.-noon Dec. 17; Hearts Apart Support Group Brownbag Workshop, 11:30

a.m.-1 p.m. Dec. 17; Multi-Culture Club, 9 a.m.-noon Dec. 17; Healthy Relationships, 2-4 p.m. Dec. 18. DSN 385-3101, civ. 0621-730-3101.

Community

♦ **Customs Field Office Closure** – The office will be closed after 11 a.m. Dec. 12, and closed Dec. 24-26.

♦ **Community Child Care Day** – The Mannheim Girl Scout Cadettes provide child care for community members aged 3-10 years, 10 a.m.-2 p.m. Dec. 13, at the Sports Arena. All care providers are Red Cross trained for baby sitting. Adults with CPR certification will also be in attendance. Cost is \$10 for first child, and \$5 for siblings. Contact Janet Roos, civ. 0151 1914 8001.

♦ **CYSS programs** – Promise Passport, Dec. 11; 4-H Club, Dec. 12; Dragon Fly Quest, Dec. 16; Keystone Club, Dec. 18. All groups meet 4-5 p.m. in Bldg. 696, Sullivan Barracks. DSN 380-9997, civ. 0621-730-9997.

♦ **Sullivan Library** – Story Hour, 11 a.m.-noon Thursdays; Scrapbook Club, noon-3 p.m. Sundays. DSN 380-1740, civ. 0621-730-1740.

♦ **Angel Tree** – Help a local child have a joyous holiday by donating an unwrapped gift to the Angel Tree Program through Dec. 12. Volunteers are needed for gift wrapping and inventory assistance. DSN 385-3101, civ. 0621-730-3101.

♦ **Misa Guadalupana at sunset** – Mass will be at 6 p.m. Dec. 12 at Benjamin Franklin Village Chapel. Fellowship after mass. Civ. 0621-72491139.

♦ **Mannheim Winter and Holiday Safety Showdown** – will be held Dec. 16 at the Schuh Movie Theater in Benjamin Franklin Village. Doors open 12:45 p.m. Game begins at 1:30 p.m. Units must register. Contact Joe Michalkiewicz, DSN 380-5119, joseph.michalkiewicz@eur.army.mil.

♦ **Veterans of Foreign Wars** – VFW Post 9534 is now located in Bldg. 678 Apt. 6A and B, Jefferson Street, Sullivan Barracks and a new Web site, www.mannheimvfw.com. Every Friday night at 6 p.m., there is a VFW social for members and guests. New members are welcome. A monthly membership meeting is held the first Monday of the month. The VFW can assist with answering questions and applying for VA benefits, by appointment. Civ. 0621-7249-1920 or 0152-0352-8834.

♦ **"Dancing With The Girls - Snowflake Ball"** – The Mannheim Girl Scouts are hosting an evening of fun for all school-aged girls. 6-8 p.m. Dec. 18 at the Mannheim Middle School Multi-purpose room. Contact mannheimgs@yahoo.com or Sibyl Sheppard, civ. 0151-582-11319, or Tina Capito, civ. 0160-979-88776.

HIGH SCHOOL SCOREBOARD

Boys basketball

• **Ramstein 66, Heidelberg 59**
(Friday at Ramstein)

Top scorers – Heidelberg: Chris Frazier 12, Malcolm Griffin 11; Ramstein: Evan Canfield 19, Brent Schuck 17, Dillon Wadsack 17, Michael Wallace 9

• **Kaiserslautern 63, Vilseck 61**
(Friday at Vilseck)

Top scorers – Kaiserslautern: Edrick Scarvers 19, Taveron Smith 12, Dominik Blas 10; Vilseck: Aaron Ware 15, Shane Calder 14

JV – Kaiserslautern 25, Vilseck 18

• **Kaiserslautern 60, Vilseck 59**
(Saturday at Vilseck)

Top scorers – Kaiserslautern: Kevin Stem 17, Scarvers 12, Michael Boone 11; Vilseck: Ware 22, Rodney Fryel 13

JV – Kaiserslautern 32, Vilseck 21

Girls basketball

• **Kaiserslautern 31, Vilseck 17**
(Friday at Vilseck)

Top scorers – Kaiserslautern: Sam Moreno 10, LaTanya Wilson 9; Vilseck: Tamarla Hollis 6, Shamyra Coleman 4

• **Kaiserslautern 30, Vilseck 14**
(Saturday at Vilseck)

Top scorers – Kaiserslautern: Wilson 8, Kiara Sanchez-Herrera 8, Barbara Burriss 6; Vilseck: Jamila Harvey 4, Coleman 3

• **Heidelberg 41, Wiesbaden 29**
(Saturday at Heidelberg)

Top scorers – Wiesbaden: LeAndra Thomas 9, LeAmber Thomas 5, Taylor Dore 4; Heidelberg: Ashley Hicks 13, Tesa Miller 10, Fallon Puppolo 6, Rebecca Luna 6

Marksmanship

West Conference

(Saturday at Mannheim)

• **Team scoring** (1,500 possible points) – Patch 1,367; Mannheim 1,271; Heidelberg 1,155; Baumholder 1,019

• **Top overall individual** (300 possible points) – Tiffany Fowler (Patch) 282

• **Top prone** (100 possible points) – (tie) Fowler, Christian Lowry (Patch), Shawn Mills (Mannheim) 96 each

• **Top standing** (100 possible points) – Fowler, 92

• **Top kneeling** (100 possible points) – Emily Szabo (Patch) 95

High school wrestling

(Saturday at Kaiserslautern)

• **Team scoring** – Patch 224, Kaiserslautern 140, Heidelberg 108, Mannheim 81

• **103 pounds** – 1, A.J. Remo (Kaiserslautern); 2, Adam Franz (Kaiserslautern); 3, John Brandley (Mannheim)

• **112** – 1, Deandre Reid (Mannheim); 2, Trey Johnson (Patch); 3, Kevin

O'Brien (Patch)

• **119** – 1, Allin Pangilinan (Kaiserslautern); 2, Jaron Henninger (Patch); 3, Josh Trout (Mannheim)

• **125** – 1, Cody Roth (Kaiserslautern); 2, Octavio Otero (Patch); 3, Peter Phillips (Kaiserslautern)

• **130** – 1, Nicholas McIntyre (Patch); 2, Timothy Warchol (Patch); 3, Jeff Lawson (Kaiserslautern)

• **135** – 1, Caleb Fields (Patch); 2, Nick Bradley (Mannheim); 3, Troy Miller (Heidelberg)

• **140** – 1, Daniel Taylor (Patch); 2, Matt Harvey (Kaiserslautern); 3, Brian Chae (Patch)

• **145** – 1, Matthew Seely (Patch); 2, Alex Langley (Kaiserslautern); 3, Seth Owen (Heidelberg)

• **152** – 1, Chris Oppliger (Patch); 2, Britton Rapier (Kaiserslautern); 3, Feliz Perry (Heidelberg)

• **160** – 1, William Domko (Heidelberg); 2, Joe Witherinton (Patch); 3, Jacob Grosso (Patch)

• **171** – 1, Brady Summer (Heidelberg); 2, Jason Pinnow (Patch); 3, Jonathan Lankford (Mannheim)

• **189** – 1, Brennan Lauritzen (Patch); 2, Jonathan Brown (Heidelberg); 3, Frank Tchouambou (Heidelberg)

• **215** – 1, Brian Williams (Patch); 2, Tyler Hashaagen (Heidelberg); 3, Nicolsa Torres (Heidelberg)

• **285** – 1, Andrew Holgate (Kaiser-

lautern); 2, Mike Mangana (Kaiserslautern); 3, Ryan Selman (Patch)

Swimming

(Sunday)

• **Team scores:**
Stuttgart Piranhas – 896
Heidelberg Sea Lions – 820
Kaiserslautern Kingfish – 614
Bamberg Aqua Barons – 235

• **Individual winners:**
Jun Simmons, Stuttgart – 100 Individual Medley, 50 Butterfly, 50 Breast stroke

Ryan Costello, Heidelberg – 200 Individual Medley, 100 Butterfly, 400 Freestyle

Stephen Tarnowski, Kaiserslautern – 50 Freestyle, 200 Freestyle, 400 Freestyle

Will Viana, Stuttgart – 50 Freestyle, 200 Freestyle, 100 Freestyle

Kevin Tarnowski, Kaiserslautern – 50 Fly, 50 Backstroke, 200 Freestyle

Zach Eggert, Heidelberg – 100 Butterfly, 100 Back stroke, 400 Freestyle

Vanessa Harris, Heidelberg – 200 Individual Medley, 100 Butterfly, 100 Freestyle

Ellena Christiansen, Heidelberg – 100 Individual Medley, 200 Individual Medley, 200 Freestyle

(Editor's note: Swim results submitted by Lori Campbell, all other scores obtained from Stars & Stripes.)

staying ACTIVE

Invitational Basketball Tournament

The Mannheim community hosts its 4th Annual Mannheim Mustangs Invitational Basketball Tournament Dec. 19-21. Awards include 1st, 2nd & 3rd place teams, individual trophies, and Most Valuable Player. This event is free for spectators. Games will be held at the Sports Arena (Benjamin Franklin Village, Bldg. 736) and Sullivan Gym (Sullivan Barracks., Bldg. 237A). DSN 385-3164, civ. 0621-730-3164.

13th Annual Jingle Bell Jog

This fun 5-kilometer run starts at 9 a.m. Dec. 13 at Sullivan Gym in Mannheim. Registration begins at 8 a.m. The jog is open to all ages. Runners will receive T-shirts and jingle bells. Trophies will be awarded. Entry fee: \$5.

Mannheim officials clinic

Mannheim will conduct a unit-level basketball meeting will be held 1:30 p.m. Dec. 12 at the Sports Arena. Coaches or team representatives need to bring with them a letter of intent signed by their commander or first sergeant. DSN 385-3164, civ. 0621-730-3164.

Powerlifting Invitational

The RAW Powerlifting Invitational will be held 10 a.m. Dec. 20. Registration begins at 8 a.m., at the Landstuhl Fitness Center. Prizes will be awarded to individuals placing first in each category. Registration is available in person on the day of the event or online at www.mwrgermany.com/kl/sports_fitness/sports_fitness.htm. DSN 486-7172, civ. 06371-89-7172.



Where do you turn when Severe Weather hits?

SEVERE WEATHER WARNING OF 10/31/2008 10:35:00 AM

USAG	ROADS	WEATHER	SCHOOLS	AS OF DATE
USAG HEIDELBERG	GREEN	H: 52; L: 32; PARTLY CLOUDY	OPEN	11/12/2008 9:11:00 AM
USAG KAISERSLAUTERN	GREEN	H: 48; L: 39; PARTLY CLOUDY	OPEN	11/12/2008 9:08:00 AM
USAG MANNHEIM	GREEN	H: 51; L: 41; RAIN	OPEN	11/12/2008 9:12:00 AM
USAG GRAFENWOHR (475-7226/6614)	GREEN	OPEN	OPEN	11/12/2008 3:57:00 AM
USAG GAILSWAY	GREEN	OPEN	OPEN	11/12/2008 9:11:00 AM
USAG BOHENTALS	GREEN	PARTLY SUNNY; H: 50; L: 36 F	OPEN	11/12/2008 9:12:00 AM
USAG OBERSIEBACH	GREEN	CLOUDY; H: 48; L: 30 F	OPEN	11/12/2008 9:12:00 AM
USAG KAISERSLAUTERN	GREEN	CLOUDY; H: 57; L: 43	OPEN	11/12/2008 2:05:00 AM
USAG MANNHEIM	GREEN	CLOUDY; H: 54; L: 41	OPEN	11/12/2008 2:04:00 AM
USAG WIESBADEN	GREEN	OPEN	OPEN	11/12/2008 12:04:00 AM
USAG WIESBADEN	GREEN	CLOUDY / TEMP HIGH 52 F LOW 41 F	OPEN	11/12/2008 12:05:00 AM
USAG KAISERSLAUTERN	GREEN	CLOUDY / TEMP HIGH 52 F LOW 40 F	CLOSED	11/12/2008 12:05:00 AM
USAG MANNHEIM	GREEN	OPEN	OPEN	11/12/2008 12:05:00 AM
USAG ANSBACH	GREEN	PARTLY SUNNY; H: 48; L: 39	OPEN	11/12/2008 5:23:00 AM
USAG SCHWEINFURT	GREEN	CLOUDY W/RAIN; H: 50; L: 46; WINDS SW @ 10 MPH	CLOSED FOR HOLIDAY	11/11/2008 7:06:00 AM
USAG STUTTGART	GREEN	PARTLY SUNNY; H: 42; L: 37	OPEN	11/12/2008 12:04:00 AM

For road condition information call:

USAG Heidelberg:	DSN 388-2223	Civilian 06221-678-2223
USAG Kaiserslautern:	480-2653	06371-47-2653
USAG Mannheim:	385-2589	0621-730-2589

Road, weather conditions, school closure information online:
<http://g3operations.hqusareur.army.mil/Divisions/OPS/ASGConditions/default.asp>

**** A link can be found under the safety menu on the USAG Baden-Württemberg homepage: www.bw.eur.army.mil**

Listen to AFN for updates:

Heidelberg:	104.6 FM	AM 1143
Kaiserslautern:	100.2 FM	AM 1107
Mannheim:	107.3 FM	AM 1143

Via AFN decoders: FM signal is Channel 152. The AM signal is Channel 153.

**** For duty schedule variations contact your chain of command**